

February 2022

Carver Council on Aging

What's Inside for February

Movie Matinee:

Friday, February 4th
at 12:30 pm

A touching and nostalgic story of a reporter (Jennifer Love Hewitt) who seeks the truth about a woman's (Betty White) husband (Billy Magnussen), a pilot who never returned from duty in World War II. For her, Valentine's Day was never the same again.
Please register at 508-866-4698 x3.



AARP Tax Prep

Starting Mondays,
February 14th
through April 11th
(with the exception of
Presidents Day, 2/21)

AARP trained volunteer tax preparers will be available for free tax prep assistance by appointment only from 9:00 am - 2:30 pm. **Please call 508-866-4698 x3 to see if you qualify and to make an appointment.**

AARP Foundation
TAX-AIDE

Left, Center, Right Heart Candy Game

Monday, February 14th at 12:30 pm

Join us for several rounds of a fast-paced dice game called "Left, Center, Right" or LCR. We will use Valentine candy to make our pots. You never know who will win until the very end!
Please register at 508-866-4698 x3

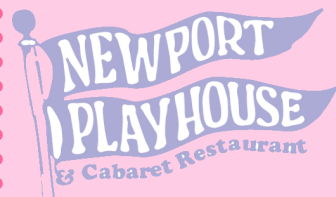


Poetry Writing Workshop

Tuesday, February 15th at 2:00 pm.

The world of poetry will come alive with local published poet Nicholas Huard's workshop as he explains and explores the history of poetry and its many forms. Tap into your creative side as a poet with a mix of structure and fun!

Please register at 508-866-4698 x3



BLOOM BUS TRIP TO NEWPORT PLAYHOUSE WEDNESDAY, APRIL 6TH!

(Third Try is a Charm!)

This hilarious Broadway comedy surrounds a married couple whose domestic tranquility is shattered upon the arrival of the wife's nerdy sister, her uptight husband, and her busy-body mother. The comic sparks begin to fly when the mother hits it off with an elderly artist who is the best client of the couple!

Full trip details are still to come!

COST: (\$115 value) - **\$75** for COA *Friends Members / **\$100** for Non-Members

***Join the Friends of Carver COA for \$10 by March 15th to take advantage of this special discount! Call 508-866-4698 x3 for reservations and details.**

COUNCIL ON AGING

Monday - Thursday
9 AM-3 PM
Friday 9 AM-12PM
48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Connie Kelly
Monday-Friday
8 AM-4 PM
508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair
Claudia Miller-Vice Chair
Helen Marrone-Secretary
Savery Moore
Elaine Raymond
Stephanie Clougherty Alt.
Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
508-866-4698

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus.

Have the address of the location you need transportation to when you schedule a ride.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please be ready at the scheduled pick up time!

Drivers are **only able to wait a maximum of 5 minutes after the scheduled pick up time.**

Be considerate of the drivers and the other passengers.

MASKS ARE STILL REQUIRED ON PUBLIC TRANSPORTATION

SHOPPING SCHEDULE

SUPERMARKET RUNS

Wednesdays 12:30 pm Market Basket

Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
2nd & 4th - Walmart / Plymouth

Fridays 9:30 am Shaw's

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Call **508-866-4698 x-1** prior to 12 pm the day before.

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

Town Policy of Closing Due to Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed due to weather.

If schools are **delayed** due to weather, the COA will also follow the same delay of time in opening.

Closing and delay announcements are broadcast on WPLM radio.

LOAN CLOSET (*please call before dropping off items*)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

COPIES

The COA will make FREE copies for seniors. Ask a staff member during our regular hours to use this service.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.

Meet with Mark at the COA monthly every 4th Thursday.

LEGAL ADVICE AT THE COA

Attorney-at-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

ATWOOD HOUSE NUTRITION CENTER RENTAL

The Nutrition Center is currently unavailable to rent.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips!

Checks can be sent to: Friends of the Carver COA, P.O. Box 72, Carver, MA 02330.

SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551** for an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call **508-295-5999** for an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS is providing weekly blood pressure clinics as well as **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am -11:30 am. Drop-in.

FOOTCARE

Call Dr. McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic, 116 Court St., Plymouth 508-747-1973.

IN-HOME HAIRCUTS

Professional stylist in-home haircuts are available by appointment; \$20 for a cut, \$30 for a cut and blow dry. Call **508-866-4698 x3** to make an appointment.

NOTES FROM OUTREACH

Important papers needed when applying for income-based programs:

*Social Security Letter * Bank Statements * Pension Letters * Pay Stubs (*if working*) * Medical Cost Receipts (*some programs can deduct medical costs including over-the-counter medication and wellness items*).

Heidi Lufkin-Miles - Outreach Coordinator

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Coordinator

Tuesday - Thursday

9 AM - 3 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:30

WEEKLY ACTIVITIES

CHAIR YOGA

with Mary Wilson of Wild Divinity Yoga
Mondays, February 7th, 14th & 28th.
10:00 am. Suggested \$5 donation.
Register at 508-866-4698 x-3.

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm.
Call to register at 508-866-4698 x3.

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays
at 5 pm. Register 508-866-4698 x3.

MEXICAN TRAIN DOMINOES GAME

Tuesdays at 12:00 pm. Drop-In.

RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

BINGO Every Thursday at 12:30 pm
(Arrive by 12:15 pm to buy games)

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am
meet Police Chief, Marc Duphily to
discuss any concerns. Drop-in.

SINGO - MUSICAL BINGO

with Jim the DJ Guy on the *first*
Monday of every month - 12:00 pm.

LINE DANCING CLASS

with David & Marcia
Burbank

Fridays, February 11th
& 25th, 1:00 pm. Cost: \$5

Please register at 508-866-4698 x3.
Class size is limited



BEREAVEMENT SUPPORT GROUP

Meeting on Friday, February 25th at
10:00 am. Please register at 508-866-
4698 x3. (4th Friday monthly)

MEET & GREET WITH HEIDI

Wednesday, February 9th at 11:00 am
in the Small Meeting Room of the
Carver Public Library. Drop-in to meet
COA Outreach Coordinator, Heidi
Lufkin-Miles, to discuss any questions
or concerns you may have.

IPAD INSTRUCTION w/ Lydia Nelson

Tuesday, February 22nd at 10:00 am
Please register at 508-866-4698 x3.

WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES

Wednesdays at 10:00 am

Please register 508-866-4698 x3.
Supplies may be limited.



Adult Coloring
Wooden Heart
Plaque
2/2



Clay
Roses
2/9



Embossed
Foil Winter
Scene
2/16



Embellished
Mardi Gras
Mask
2/23

SWEET TREAT CHEATS

with Nutritionist
Ally Littlefield

Tuesday, February 8th, 10:00 am

No need to feel guilty about
indulging in these sweet treats!
Come sample some healthy
options that will satisfy your sweet
tooth! Register at 508-866-4698 x3.

JEWELRY MAKING WITH NANCY

Thursday, February 10th

at 3:00 pm.

Create a
floating
bead
bracelet.
Cost \$10.

Please
register at
508-866-4698 x3.

Supplies and tools may be limited.



BOOK CLUB SELECTION

*When Harry
Met Minnie*

by Martha Teichner

This New York Times
best-seller is a
memoir of love
and loss, of being
in the right place at
the right time, and
of the mysterious
ways a beloved pet can bring people
together. In this rich and touching
narrative, the author considers the
ways our stories are shaped by the
people we meet, and the profound
love we can find by opening our
hearts to unexpected encounters.

Please register at 508-866-4698 x3.

Copies of this book will be held at the
front desk of the Carver Public Library.

**Book Discussion Meeting will be
Monday, February 28th at 1:00 pm.**



FINGER KNITTING SCARF

Friday, February
11th at 10:00 am

Instructor Alice

McMahon

will lead the class
in the trendy
technique of finger
knitting. Create a
warm and colorful
scarf using special
loop yarn that
makes the process
easy and fun!

**Please register at
508-866-4698 x3.**

Supplies are limited.



Congratulations to long-time
GATRA Driver Ron Simisky on his
Retirement after 12 years with
the Carver COA!

Best Wishes to you and your wife
Kathy as you enjoy the adventures
that lie ahead!

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1

*Wed 1 - 4

Sat/Sun/Mon - Closed

*Wed. is Veteran's Shopping Day
508-866-7673

MEALS ON THE MOVE

The COA provides prepared meals
for homebound elders.

Monday - Friday

Daily Cost: \$3.00

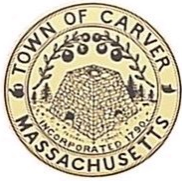
Call the Nutrition Center at
508-866-4698 x 4

SHINE PROGRAM

Health Insurance Counseling

Appointments with SHINE Counselor
Erina Marcolini are scheduled for
Wednesdays from 9:00 am -12:00 pm

**Please email for an appointment
to: shine.marcolini@gmail.com
or call 508-866-4698 x3**



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330



FEBRUARY 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm	2 Wooden Heart 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	3 Lunch 11:30 am BINGO 12:30 pm	4 Lunch 11:30 am Movie Matinee 12:30 pm	5
6	7 Chair Yoga 10:00 am Lunch 11:30 am SINGO! 12:00 pm	8 Wellness Clinic 9:30 - 11:30 am Sweet Treats 10:00 Coffee w/ Chief 10:30 Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm	9 Clay Roses 10:00 am Heidi Meet & Greet (Library) 11:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	10 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Making 3:00	11 Finger Knitting Scarf 10:00 am Lunch 11:30 am Line Dancing 1:00 pm	12
13	14 AARP Tax Prep 9 - 2:30 Chair Yoga 10:00 am Lunch 11:30 am LCR Heart Candy Edition 12:30 pm	15 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Mexican Train 12:00 Poetry Workshop 2:00 pm Oil Painting 1:00 pm	16 Embossed Foil Winter Scene 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	17 Lunch 11:30 am BINGO 12:30 pm	18 Lunch 11:30 am	19
20	21 CLOSED FOR PRESIDENTS DAY	22 Wellness Clinic 9:30-11:30 am iPad Class 10:00 am Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm	23 Mardi Gras Masks 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	24 Veterans Agent Mark Pineo 10:00 - 12:00 Lunch 11:30 am BINGO 12:30 pm	25 Bereavement 10:00 am Lunch 11:30 am Line Dancing 1:00 pm	26
27	28 AARP Tax Prep 9 - 2:30 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm	1	2	The printing of this newsletter is supported in part by the Executive Office of Elder Affairs. To help reduce the costs of printing and mailing please consider receiving your newsletter by email! Send an email to: COANews@carverma.org .		